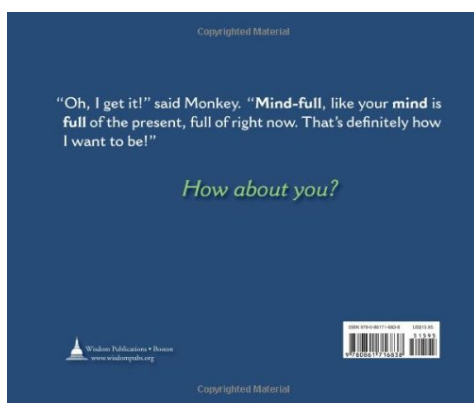


# [PDF] Mindful Monkey, Happy Panda

Lauren Alderfer - pdf download free book

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**Books Details:**

Title: Mindful Monkey, Happy Panda  
Author: Lauren Alderfer  
Released: 2011-07-26  
Language:  
Pages: 32  
ISBN: 0861716833  
ISBN13: 9780861716838  
ASIN: 0861716833

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**Description:**

This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers.

As our story begins, Monkey is not so mindful - his Monkey Mind constantly jumping from one thing to another - but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it.

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